What is claimed is:

1. A method of collaboratively editing in real-time, the method comprising:

transmitting the media content from the non-linear editing system at the source location to a target location;

displaying the media content simultaneously at both the target and source locations;

manipulating remotely audio levels during editing;

controlling playback of the media content by the non-linear editing system at the source location by an editing control console at the target location;

overlaying information over the media content at the target location; and

sending the overlay information to the source location.

2. The method of claim 1 wherein overlaying further comprises:

utilizing a computer system at the target location to add graphics, text and other information to the media content.

3. A method of video teleconferencing, the method comprising:

capturing video and audio at a source location;

transmitting source video and source audio to a target location;

broadcasting source audio over target audio system;

displaying source video at the target location on a display screen oriented generally face up;

reflecting source video into a two-way mirror positioned at an angle such that the source video is displayed on the two-way mirror at eye level to the target operator;

capturing target video at the target location from a target capturing camera positioned behind the two-way mirror in such way that the capturing camera is about eye level to the target operator;

obtaining target audio at the target location; and

sending captured target video and target audio for display and broadcast at the source location.

4. The method of claim 3 wherein sending further comprises:

recording the target video and audio at the source location for play back at a later time or at a location other than the source location.

5. A system for providing media content to a target location, the system comprising:

a non-linear editing system and an audio system for the creation of the media content, the non-linear editing system adapted to playback the media content in response to a editing control console at the target location;

a video teleconferencing screen for display of a target operator; and

a camera positioned to capture the source operator for display at the target location.

6. A system for display of media content from a source location, the system comprising:

a display screen to display media content from source system;

an audio system;

an editing control console to remotely control the media content at both the source location and the target location;

a volume control to control the audio system at both the source location and the target location;

a computer system to overlay comments onto the media content;

a video teleconferencing screen for an eye-level display of the source operator;

a two-way mirror to reflect the video teleconferencing screen display to the target operator at eye-level; and

a camera for capturing the target operator at eye level for display at the source location.

7. A video teleconferencing system for displaying and capturing video at eye level at the target location, the system comprising:

a video display screen positioned face up to display an image of a source operator;

a two-way mirror hung at an angle above the video display screen so that the reflective side reflects the video display screen image back to a target operator at eye-level;

a camera positioned on the non-reflective side of the two-way mirror to capture the target operator at eye-level, and

an audio system for capturing sound.